



Training for your first marathon

You don't have to be a world-class athlete to run a marathon. Just follow these simple rules.

- You must start training six months before your first race.
- You have to plan a training programme and train every week.
- You don't have to run every day and you can take a break during your run if you feel tired.
- You mustn't run if you feel pain. Stop straight away.
- You can't run long distances without lots of water. Drink it all the time!

Presentation

To talk about rules, we use the verbs *must*, *mustn't*, *have to*, *don't have to*, *can* and *can't*:

- To say something is obligatory, use *must* or *have to*:
*You **must** start training. You **have to** plan.*
- To say something is allowed, use *can*:
*You **can** take the day off.*
- To say something is not obligatory but allowed, use *don't have to*:
*You **don't have to** train every day.*
- To say something is not allowed, use *can't* or *mustn't*:
*You **mustn't** run if you feel pain. / You **can't** run long distances without lots of water.*

must, mustn't, can, can't

Must, *mustn't*, *can* and *can't* are modal verbs. They never change form and we don't use *do*, *does* or *did* to make questions and negatives:

I / You / He / She / It / We / They	must / mustn't	run every day.
	can / can't	

Can	I / you / he / she / it / we / they	run every day?
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You can also ask questions with *must* (*Must I run?*), but it's uncommon.

have to, don't have to

Have to, *don't have to* are normal verbs. They change form and we use *do*, *does* or *did* to make questions and negatives:

I / You / We / They	have to / don't have to	run every day.
He / She / It	has to / doesn't have to	

Do	I / you / we / they	have to run?
Does	he / she / it	

Exercises

1 Choose the correct verb form.

- 1 You have to / *mustn't* train a lot for a marathon.
- 2 You *must* / *don't have to* see a doctor if you feel pain.
- 3 You *can* / *can't* smoke in this building. Go outside.
- 4 You *can't* / *don't have to* run the whole race. You can walk some of the way.
- 5 You *must* / *mustn't* eat a big meal before a long run.
- 6 I like to run early in the morning, but you *have to* / *can* train at any time of day.

2 Write sentences to explain the signs using *can* and *can't*.



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|---|-------------------------------------|---|-------|
| 1 | <i>You can't eat or drink here.</i> | 4 | |
| 2 | | 5 | |
| 3 | | 6 | |

3 Complete the texts using *have to*, *don't have to* and *mustn't*. Then listen and check.



I like my job. I ¹..... wear a uniform. I can work in jeans and a T-shirt. I ²..... get up early. I start work at 12. But I ³..... be late! The boss gets really angry if I'm late.



I love chess. You ⁴..... be tall, or fast or strong to play! Of course, you ⁵..... be quick and intelligent. And you ⁶..... let yourself get distracted. That's a sure way to lose the game!

4 Complete these sentences with rules in your life.

- 1 In my English class, I have to
- 2 At home, I must
- 3 At the weekend, I don't have to
- 4 During an exam, I can't